

HealthAngel.com		
User Registration / Preferences		
Name	<input type="checkbox"/> Monday	<input type="checkbox"/> Lower Body Focus
Address	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Upper Body Focus
	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Core Body Focus
City	<input type="checkbox"/> 6:00 A. M.	<input type="checkbox"/> Total Body Focus
State	<input type="checkbox"/> 11:00 A. M.	<input type="checkbox"/> Arm Injuries
Zip	<input type="checkbox"/> 3:00 P. M.	<input type="checkbox"/> Leg Injury
Telephone - Evening	<input type="checkbox"/> 6:00 P. M.	<input type="checkbox"/> Back Injuries
Telephone - Day		
e-Mail		

Figure 1

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Healthangel.com - A simple solution to a better body. Get personalized exercises via e-mail, on - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.healthangel.com/

Search Favorites History

healthangel[™]
a simple solution to a better body

home
how it works
sample routines
tell a friend
facts
join - \$9.95/mo
log in
email
password
remember my

Click here for
a free 2 day trial

tone up now...
easy, fast, fun!

get personalized exercises via e-mail, anywhere, anytime,
to target the body parts you want to improve.

Internet

Figure 2

3/18

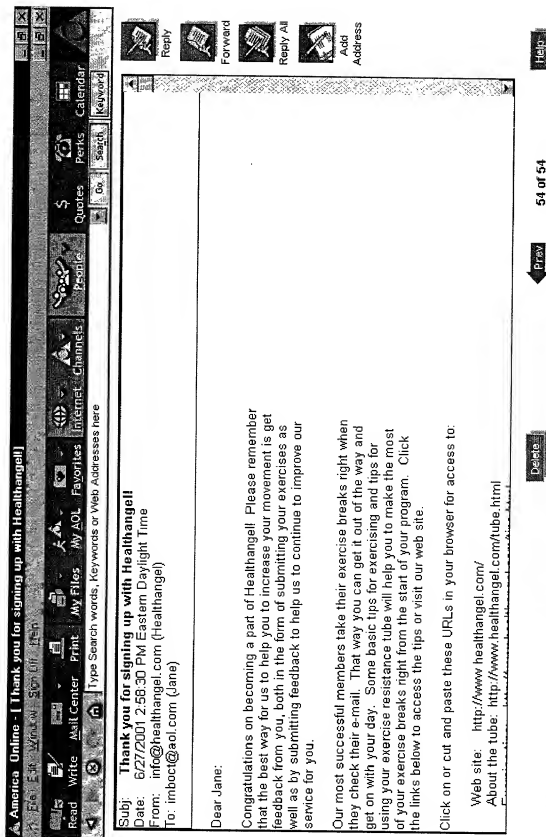


Figure 3a

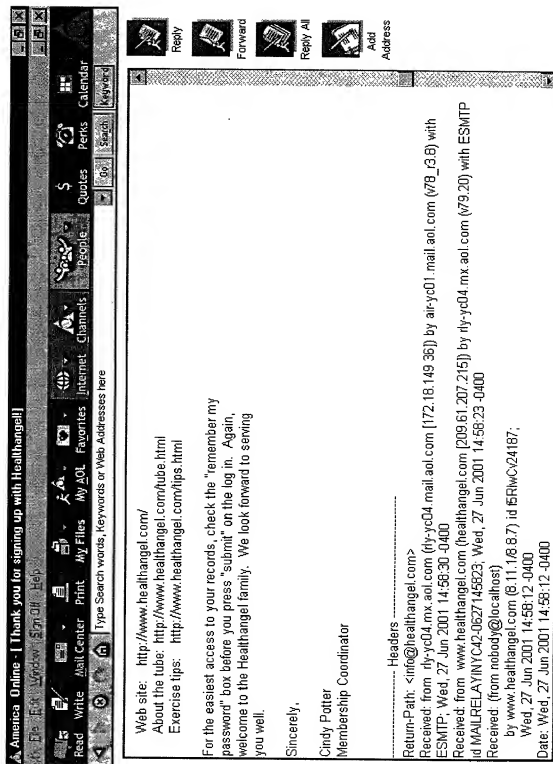


Figure 3b

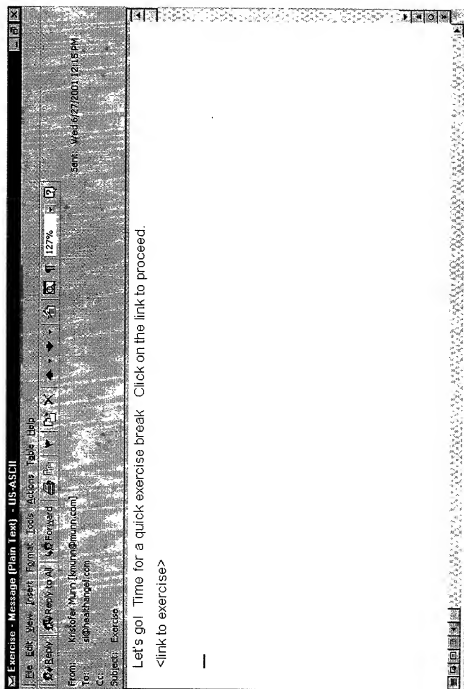


Figure 4

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Healthangel.com - A simple solution to a better body. Get personalized exercises via e-mail. an - Microsoft Internet Explorer

Address http://www.healthangel.com/member/exercise.html?uid=14596&u=3&e=96&l=20&b=1

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Back Fly [Zone: Upper Bodypart: Upper Back]

Assignment: Do 1 set of 10 repetitions

Record Your Results

Enter the total number of repetitions (ie. 10) that you completed for each set assigned and submit

Set 1:

You may send a message to your fitness representative here

Want another exercise right now? ☐ Yes ☒ No

Restrictions: You should not do this exercise if you have an upper back injury unless directed by a physician

Done

Figure 5

7/18

healthangel.com - A simple solution to a better body. Get personalized exercises via e-mail, on - Microsoft Internet Explorer

Address: http://www.healthangel.com/member/exercise.html?uid=15780&u=3&e=11-10lb-1

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a simple solution to a better body

Wall Squat

[Zone: Lower Bodypart: Compound]

Assignment: Do 1 set of 10 repetitions

Record Your Results

Enter the total number of repetitions (ie. 10) that you completed for each set assigned and submit.

Set 1:

You may send a message to your fitness representative here.

Want another exercise right now?
☐ Yes ☒ No

Restrictions: You should not do this exercise if you have a low back or knee injury unless directed by a physician

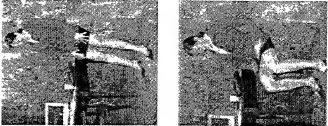


Figure 6

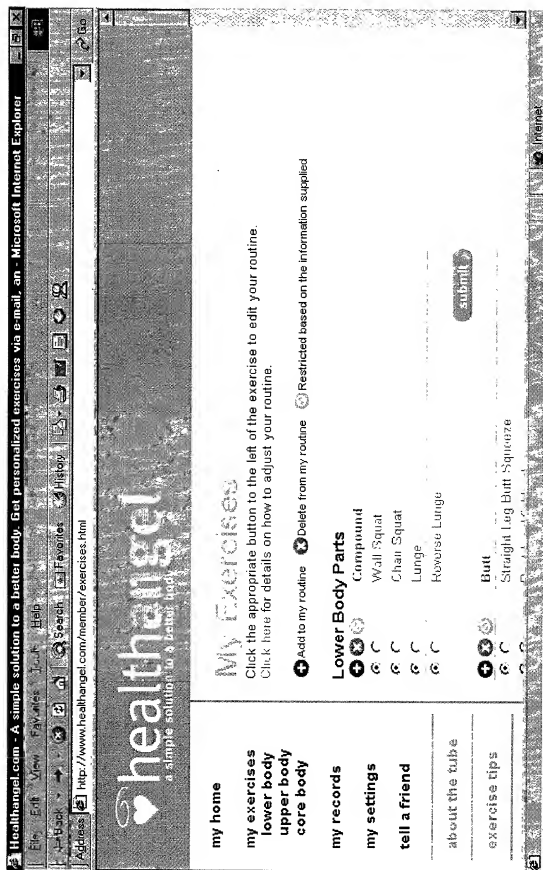


Figure 7

Healthangel.com - A simple solution to a better body. Get personalized exercises via e-mail, an - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.healthangel.com/member/records.html

Back Forward Stop Search Favorites History

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My Records

Sort by date, zone or body part by clicking the column heading. Click the exercise name to see a description and photos of the exercise or to submit an exercise that you missed.

date	zone	body part	exercise	resistance	set 1	set 2	set 3
06/26/01	Lower	Butt	Kneeling Kickback				
06/26/01	Upper	Upper Back	Bent Over Row with Tube	YELLOW TUBE			
06/25/01	Lower	Compound	Wall Squat		10		
06/25/01	Core	Abdominals	Secret Sit-Up		15		
06/25/01	Upper	Compound	Desk Push-Up				
06/22/01	Lower	Calves	Toes Together Calf Raise				
06/22/01	Upper	Upper Back	Back Fly				
06/22/01	Lower	Quads	Seated Leg Extension				

my home

my exercises

my records

my settings

tell a friend

about the tube

exercise tips

Q & A

Internet

Figure 8

10/18

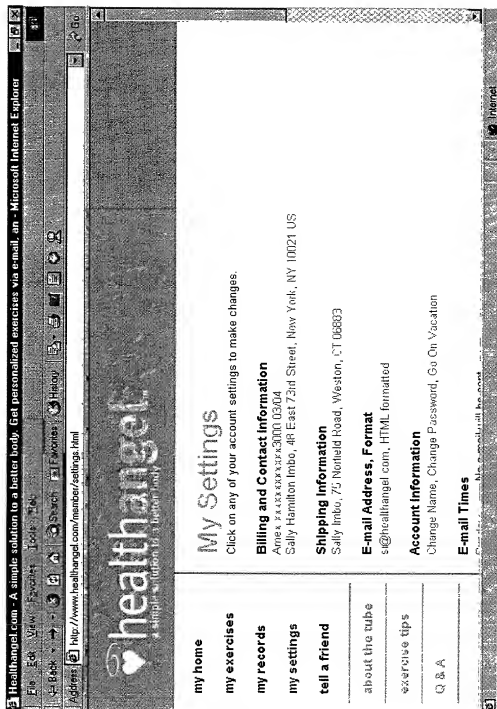


Figure 9



Membership Signup

Name and Account Information

First Name

Jane

Preferred Name

Last Name

Doe

If you would like us to call you by something other than your first name, please enter it here.

E-mail Address

jimbob@aol.com

Choose a password

Confirm your e-mail address

jimbob@aol.com

Please confirm your password

Password reminder hint

Wet dog

How did you hear about Healthangel?

Television

Today show

Send me ☒ HTML formatted e-mail, ☐ text formatted

* AOL users please be sure to select text formatted e-mail

Figure 10a

12/18

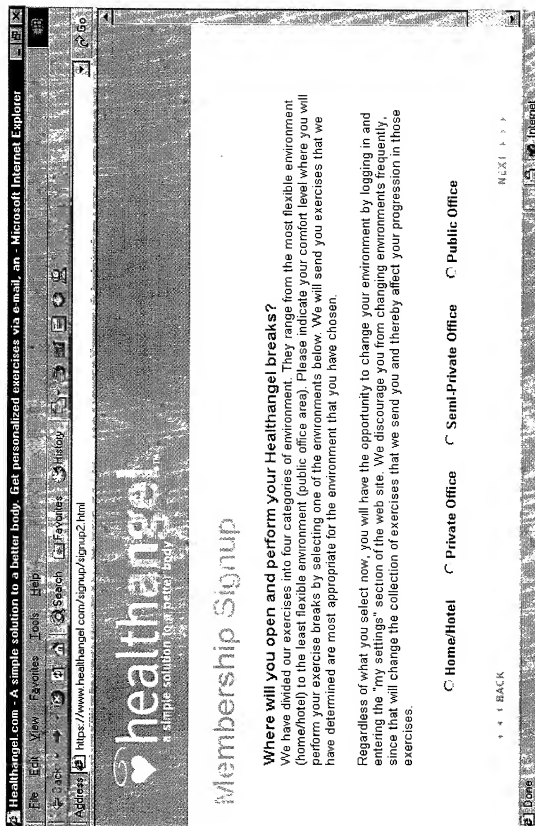


Figure 10b

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Membership Signup

On what days and at what times would you like us to e-mail you?
Check the box by each day you want to receive an e-mail and select up to four times you want to receive them. We suggest starting with two times a day, and adjusting up or down from there.

<input checked="" type="checkbox"/> Mon	1: 8:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input checked="" type="checkbox"/> Tue	1: 8:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input checked="" type="checkbox"/> Wed	1: 8:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input checked="" type="checkbox"/> Thu	1: 8:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input checked="" type="checkbox"/> Fri	1: 8:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input type="checkbox"/> Sat	1: 8:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input type="checkbox"/> Sun	1: 8:00 AM	2: 1:00 PM	3: Choose	4: Choose

Let's synchronize our watches so that you get your breaks on time.

Right now it is Wed at 02:45 PM

Would you like us to send you reminders?

Figure 10c

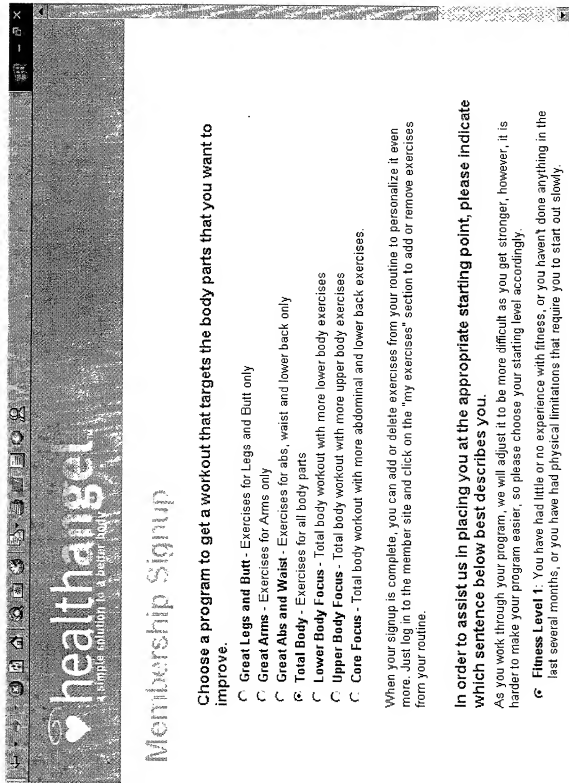


Figure 10d

15/18

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Membership Signup

Please check any area of your body with exercise restrictions or limitations.

Selecting a body part will delete certain exercises from your program that could cause further injury. Please be aware that deleting these exercises will not remove all of your risk of injury, it is still important for you to pay close attention to how your body feels while you are performing any of the exercises that we assign you and discontinue exercise if you have any pain or dizziness. When you have recovered from your injury, you can adjust this setting to have the corresponding exercises added back into your program.

- ☐ **Neck** - e.g. whiplash or strained musculature
- ☐ **Shoulder** - e.g. rotator cuff tear, dislocation, subluxation
- ☐ **Elbow** - e.g. tennis elbow
- ☐ **Wrist** - e.g. carpal tunnel
- ☐ **Hand** - e.g. tendonitis
- ☐ **Upper Back** - *Cervical or Thoracic Vertebrae*, e.g. herniated disk or pinched nerve
- ☐ **Lower Back** - *Lumbar Vertebrae or Sacrum*, e.g. herniated disk
- ☐ **Hip** - e.g. hip replacement, osteoarthritis, or tendonitis
- ☐ **Knee** - e.g. ligament or recent ACL, LCL, MCL, or PCL injury
- ☐ **Ankle** - e.g. tendonitis or ligament injury

Figure 10e

107760" 82076860

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Membership Signup

Billing Information

There is a one-time activation fee of **\$14.95** and the program is **\$9.95** per month. **\$24.90** will be billed to your credit card at this time. **\$9.95** will be billed to your credit card monthly thereafter. You may cancel at anytime. The activation fee is non-refundable and cancellation is not retroactive.

Card Type VISA Expiration mo / yr

Card Number

The name and billing information provided below must be identical to the billing information on the credit card you provided above.

Name on the Card Company

Daytime Phone

Address

Evening Phone

City

Figure 10f



Membership Signup - Hit SUBMIT to Join!

Review Your New Account Request

Name	Injuries
Jane Doe	None
Preferred Name	Environment
Jane	Semi-Private Office
E-mail	Billing Information
jimboc@aol.com (Text)	Sally Imbo
Additional Equipment	75 Norfield Road
None	Weston, CT 06883
	203-222-7500 (day)
	VISA xxxxxxxxxxxx2795 06/01
Schedule	Shipping Information
Mon: 9:00, 13:00; Tue: 9:00, 13:00;	Same As Above
Wed: 9:00, 13:00; Thu: 9:00, 13:00; Fri: 9:00, 13:00	
Send Reminders?	Charge Amount
No	\$24.90
Focus	
Total Body	

Figure 10g

TOCT60' 20040802

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my home

my exercises

my records

my settings

tell a friend

about the tube

exercise tips

Q & A

Thank you for joining Healthangel!

Order #	Date	Amount	Card #
299	06/27/2001 02:06 PM	\$24.90	XXXXXXXXXXXX2795

Please print this receipt for your records.

LOOK FOR YOUR FIRST HEALTANGEL BREAK. Your first Healthangel Break will arrive at the next scheduled time you indicated on your sign-up sheet. If you don't receive the assignment, or have any questions about completing your break, please e-mail us at info@healthangel.com. Technical support is also available by phone from 9-5 EST at 1-877-MY ANGEL (1-877-692-6435).

SUBMIT YOUR EXERCISES. Because the program progresses at your pace, your input is incredibly important to its success. When you complete an e-mail assignment, indicate the number of repetitions that you completed and press the SUBMIT button. Your workout results will be logged and used to determine your future assignments.

AWAIT YOUR GIFT. The information you've provided thus far has allowed us to set your starting points. Within two weeks you'll receive your exercise tube -- our gift to you -- for use with some of your assignments. The tube's color corresponds to your current fitness level. The tube itself provides added resistance to increase the efficiency of your workouts. Keep it where you access your e-mail.

Figure 10h